

To whom it may concern, i am an otr driver with more than 1 million miles of service, i find that the new hours of service that went into affect in jan. 4th 2004 to be a very valueable assest to my career. i have noticed that i get more rest with the 10 hour break than i received under the old 8 hour rule. i feel as a driver the hours of service that are in affect now are healthier for me than the old ones are. i am nore rested and relaxed in the mornings and can concentrate on my driving better.